

30th Annual Maine Schoolsite Health Promotion Program "Wellness" Conference

Application Process Open; Save \$20 if received by April 17, 2015; Final due date May 5, 2015

Wednesday, June 24 – Friday, June 26, 2015

The Maine Department of Education is pleased to announce the 30th Annual Maine Schoolsite Health Promotion Program "Wellness" Conference application process is open. The conference will be held Wednesday, June 24 – Friday, June 26, 2015. Completed applications are due Tuesday, May 5, 2015 for a cost of \$195 per person. Save \$20 per person, submit completed applications by April 17, 2015 and pay only \$175 per person. This year's conference is the 30th consecutive Schoolsite Health Promotion Wellness Conference which is the longest running in the nation! The line-up of nationally and internationally renowned speakers are favorites from throughout the years!

Murray Banks, an honored educator and world champion athlete from Vermont will energize and inspire while providing skills for enhancing the wellbeing of students and colleagues alike. Participants will be reminded to catch their breath and reset their focus on being their best... so they can help other staff and students be their best!! Murray understands that the work of Wellness Teams takes extraordinary energy and stamina, so he will help us become tough and resilient professionally, yet balanced and healthy personally with practical tips to use throughout the school year, and our lives!!

Randy Judkins from Portland, Maine is a master facilitator of cooperative game play, improv and dynamic group activities, with which he will assist Wellness teams in learning to work together, find a shared affinity and understand effective and positive teamwork all with lots of laughing! Participants will emerge appreciating each other, thinking more flexibly, communicating clearly, and reacting more openly to alternative strategies for a successful and healthy school and work environment.

Norm Bossio is an award-winning speaker who has been engaging audiences for over 30 years. He has 23 years in the field of education as a teacher, principal, and superintendent and draws upon those experiences. He has hosted a public television show and authored a book, *Staying Motivated on the Deck of the Titanic*. One of the Wellness Conferences favorite speakers, Norm will explore and discuss the unique stressors, frustrations, and opportunities facing school employees and offer tips to enhance interpersonal skills and accomplish a productive learning environment.

Jana Stanfield is another top favorite with Wellness Conference participants. She is an accomplished songwriter and musician with a mission to make a difference while making people laugh. Jana's compositions have been featured on the likes of 20/20, Oprah, the Jerry Lewis Telethon, as well as radio stations around the world. Jana makes people feel better about who they are, what they do and why they're doing it. Her closing keynote concert is sure to inspire and leave participants refreshed, renewed and recommitted to their role as an explorer on their journey of a lifetime.

Dave Cowens was known for his tenacity and work ethic as a mainstay of the Boston Celtics in the 1970s, leading his team to NBA championships in 1974 and 1976. In 1996, he was named one of the NBA's Top 50 players of all time and this year he makes his debut at the Wellness Conference. Dave's experiences beyond the NBA include coaching at the professional level, running his own summer basketball camp for youth for 44 years, and engaging audiences on the importance of communication, teamwork, goal setting and purposeful planning to be effective and successful.

In addition to our fabulous line up of keynote speakers, teams will experience three days filled with more than 30 workshops and learning experiences delivered by top quality presenters including fellow SAU conference participants, Maine and national resources; a multitude of engaging and educational exhibits and health promoting venues; and access to a variety of wellness opportunities! All of this is designed to assist in the development and maintenance of local programs and create a culture that supports health promotion and wellness within the school environment and community.

Features including:

- 1) interactive presentations on leadership and team building to support a schoolsite health promotion and wellness team;
- 2) presentations, engaging experiences and information on a variety of health promoting programming ideas, school policy, and personal wellness;
- 3) dedicated team time for drafting a year-long action plan for a comprehensive wellness program including staff and students health promotion; improving school climate; enhancing health related policies; and supporting quality health education and physical education.

This conference is a fabulous professional development opportunity that is the foundation for a year-long schoolsite health promotion and wellness program for school staff, students and communities. **For a conference application and scholarship information scroll to the bottom of this page article.** If you have any questions please contact susan.berry@maine.gov.

The Maine Schoolsite Health Promotion Conference Planning Committee invites you to apply to attend the 30th Annual Maine Schoolsite Health Promotion Conference. This is an exciting, educational experience open to all schools! The statewide conference provides a successful model for establishing and maintaining staff health promotion/wellness programs in Maine schools.

In order to design a high quality conference that runs smoothly from start to finish and benefits all teams, guidelines for attendance have been instituted. Completed conference packets are due by the closing registration date of **May 5, 2015 with a cost of \$195 per person**. Teams that register by **April 17, 2015** can **save \$20 per person** and pay only \$175 per person. Incomplete packets will be returned immediately for completion and must be resubmitted by the deadline date. Be sure to review the provided checklist to ensure that your packet is complete. We want to guarantee that all applications are ready for review in a timely manner. Completed applications received after the closing of registration will be considered on an individual basis and subject to an additional charge per person.

In 1986, the first Maine Schoolsite Wellness Conference was held. It was designed with a **team philosophy** that has proven to be a vital component of the program over the years. The team approach is essential for a successful year-long health promotion program. Best practice has proven that a conference team of five to ten members representing different positions within a school community ensures follow through on implementing the year-long action plan. However, we will accept teams of four though we strongly recommend five to ten. In an effort to ensure that schools have a full conference team in attendance for the **entire** conference we suggest securing 2 alternate conference participants. The alternates should be individuals that are available to attend the conference and are willing to substitute for a team member who may experience a last minute, unforeseen emergency.

An administrator is a valuable asset for a wellness team and often maintains the sustainability of the team and effectiveness of the Schoolsite Health Promotion Program. Past experience has proven that **administrative support** is critical for the successful implementation of the yearlong action plan. Letters of support are required as part of the application packet: one from the superintendent (Attachment A) and a letter from another administrator, if an administrator is not able to attend the conference as part of the conference team (Attachment B). The superintendent letter needs to illustrate the support that will be given to the school's wellness program and the team's implementation of their action plan. The second administrative letter of support should clearly state the role and responsibilities the administrator will provide as the liaison between the school wellness team and the school administrative team.

Attachment C should outline 3-4 major accomplishments of the 2013-14 health promotion program or, if submitting an application from a team representing a school or SAU for the first time, expected outcomes as a result of attending the conference and implementing the action plan.

Attachment D: This year, scholarships are available from the Maine Department of Education (Maine DOE), Schoolsite Health Promotion Program to support the conference registration fee. Up to ten scholarships for \$175 each for new teams or teams who have not attended for the past two years and who need financial support to meet the registration fee. To request an application, email ann.marin@maine.gov.

In preparation for the conference, a team leader or a designated team representative is required to attend the Spring Team Leaders' Meeting to be held Wednesday, May 13, 2015 from 4:00 – 6:00 p.m. via video conferencing. New team leaders need to attend one of the regional, facilitated sites. Veteran team leaders are encouraged to attend facilitated sites as well or at least try to partner with a geographically close SAU. If this is not possible, veteran team leaders may choose the option to view the session at a non-facilitated site. In order to access the meeting at a local, non-facilitated site, Ann Marin must be notified by Monday May 11, 2015.

We hope you will plan to attend this year's conference to develop or enhance your school's health promotion and wellness program for students and staff and be a part of 30 years of successful health promotion in Maine schools!

Place links to the attached documents here:

Conference Information (Website info for 2015 Maine Schoolsite Health Promotion.pdf)

Conference Keynotes (2015 Application Keynote Speakers & Sessions letter size.pdf)

Conference Application (2015 MWC Application letter size.pdf)

Conference Scholarship Application(Attachment D Scholarship Application 2015.pdf)

Do not miss the 30th Annual Wellness Conference, a top quality professional development event!